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Cancer Prevention Through Stronger Immunity

The Link Between Immunity and Your Nerve System

Article contributed by Dr. Meaghan Cromer, Atlanta, GA

Did you know that your nervous system controls the function of every cell, tissue, organ and system of your body, including the immune system? Your immune system is responsible for destroying foreign invaders such as disease-causing viruses, bacteria, yeast and parasites, but also destroying cancer cells. Believe it or not, cancer cells appear in our bodies every day, even when we feel healthy. According to a recent update from Johns Hopkins University, these cancer cells do not show up in a standard test until they have multiplied to a few billion. In addition, when a person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.

Proper nerve transmission is necessary for the immune system to function at its capacity. Interference present in the nerve system can cause the immune system to be less efficient. When nerve transmission is restored with a chiropractic adjustment, your immune system can function at its potential, as well as all other systems in your body. An effective immune response to the daily developing cancer cells can stop or slow the accumulation of those cells from becoming a cancerous growth.

Several studies have shown positive effects of chiropractic care on immune system function. In one study, Dr. Ron Pero, head of cancer research at the University of Lund, in Lund, Sweden, and Chief of Cancer Research at the New York Preventative Research Center, says that the restoration and correction of the spine can increase the strength of the immune system by 200-400 percent. This can make a huge difference, not only for individuals fighting diagnosed cancer, but also for otherwise healthy people trying to prevent it. Furthermore, the immune system superiority of the chiropractic patients was not adversely affected by age. This is why it is so dramatically im-

portant to maintain your spine and nerve system free of interference for an entire lifetime.

In light of these facts, Johns Hopkins Cancer Researchers are giving suggestions as to alternative methods of eliminating cancer. Included in the suggestions from their recent report are changes in environmental, nutritional, and lifestyle factors. Also mentioned was the importance of building up the immune system.

4 Ways You Can Boost Your Immune System

1. Eat a healthy diet with foods rich in anti-oxidants

As Dr. Perricone suggested on Oprah, just about every brightly colored fruit and vegetable fits the category of a superfood, as do nuts, beans, seeds and aromatic and brightly colored herbs and spices

2. Have Regular Exercise Routine

Moderate exercise has been linked to a positive immune system response and a temporary boost in the production of macrophages, the cells that attack bacteria

3. Get Adequate Rest

Your body needs rest from the stress and strain of daily life to get recharged. During deep sleep, potent immune-enhancing substances are released that strengthen immune function.

4. Get Chiropractic Adjustments Regularly

According to a 1991 study published in the Journal of Manipulative Physiological Therapeutics, chiropractic adjustments cause a burst in the activity level of the immune cells that ingest and destroys foreign matter such as microorganisms and debris that lead to infections